

November-
December, 1985
Vol. 2, No. 2

NEXT MEETING

Friday, January 10, 1986
YWCA, 1122 17th St.

6:30 - 9:15 p.m.

RSVP by January 6, call
455-7432 (leave message)

6:30 - 7:30 p.m. — Dinner

7:30 - 8:30 p.m. — Networking

8:30 - 9:15 p.m. — Program



SPECIAL PROGRAM: "Nutrition, Diet, Exercise & Weight Control"
SPEAKERS: Phyllis Coffley & Mitzi Jones

Holy Holly! At our January gathering, a buffet spaghetti dinner will be served by Barbara Brass of City Picnics (\$8.00 members/\$12.00 non-members). Wine and soda will be sold. Phyllis Coffley of River City Nutrition and Mitzi Jones of Successful Weight Control will be giving a fitness presentation — after the holidays — that is what you call good timing. To make your reservation, please call Gail's answering machine (455-7432) by January 6th. *Don't forget* to bring your membership card to help ease registration, and a supply of business cards for networking.

We want to extend our thanks to the women who presented the outstanding program on AIDS at our last meeting: Darling G.V. Mata (health educator, Sacramento AIDS Foundation), Dr. Carol Havens (family practitioner), Jessica Clarke, Ph.D. (immunologist/med. student), Phyllis Mason (dental hygienist), Marilyn Gerhard (physical therapist), and Kate Guzman (Executive Director of Sacramento AIDS Foundation). The main topics covered were:

How AIDS affects the body

How AIDS is transmitted

Safe Sex Practices

Precautions advisable for health care workers

Issues surrounding children with AIDS in public schools

Political/legal ramifications due to homophobic backlash affecting lesbians and gay men.

The message that came through all of these topics is that lesbians are not immune. Most lesbians have previously been bisexual or heterosexual. Some have been/are I.V. drug users. Lesbians may consider artificial insemination. AIDS may be transmitted from woman to woman via vaginal secretions (e.g. oral sex).

If you want more information or want to help, contact the Sacramento AIDS Foundation at 448-AIDS for brochures, etc.

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Program Committee

Jessica Booth is our new Program Committee Chairwoman. The committee needs 4 hard-working, dedicated members to help with organizing our meetings. If you'd like to volunteer call Jessica (answering machine 973-1093) and leave your name and phone number.

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Classified

Roommate wanted to share home (2 BR, 2 BA, 2 car garage) 10 minutes from downtown. Neat, non-smoker. \$240/mo. plus ½ utilities. Call Thea, 551-2053 (work), 922-1809 (home).

To Advertise: Advertisements accepted on community events, businesses, rentals and sale items.

RATES: Classified—20¢ per word; Display—\$10.00 per column (vertical) inch; Camera-ready business card—\$20.00.

All ads must be received in writing with your phone number and check payable to SACWN by the 15th of the month. Send to: Word Craft Typesetting, 4800 Manzanita, #10, Carmichael, CA 95608. Call Paula at 489-9673 for further information.



PALMER GRADUATE

Judith F. Chalk, D.C.

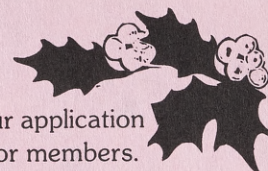
CHIROPRACTOR / SPORTS INJURIES

(916) 929-3040

2424 ARDEN WAY, SUITE C-85
SACRAMENTO, CA 95825

Looking For a Special Holiday Gift?

Introduce your friend to 118 wonderful women. Give her a SACWN Membership Certificate! Send your application and \$10.00 to receive the newsletter and be informed of all activities which are offered at a reduced price for members.



Application for Membership

Name: _____
Last First Middle Initial

Mailing Address:

Street

City

State

Zip Code

Sacramento Area Career Women's Network

Phone: Hm () _____ Wk () _____

Career Interest: _____

Applications should be mailed, with check for \$10 payable to SACWN, to:

Jane Rountree

9326 Medallion Way, Sacramento, CA 95826, 369-6242